



National Nutrient Database for Standard Reference
Release 28 slightly revised May, 2016

Statistics Report 09019, Applesauce, canned, unsweetened, without added ascorbic acid (includes USDA commodity)

Report Date: May 22, 2017 01:06 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water ¹	g	88.22	--	0.923	86.38	89.24	2.0	84.251	92.196	1	Analytical or derived from analytical	--	06/2008
Energy	kcal	42	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2008
Energy	kJ	176	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2008
Protein ¹	g	0.17	--	0.021	0.12	0.19	2.0	0.076	0.256	1	Analytical or derived from analytical	--	06/2008
Total lipid (fat) ¹	g	0.10	--	0.014	0.07	0.12	2.0	0.041	0.161	1	Analytical or derived from analytical	--	06/2008
Ash ¹	g	0.24	--	0.052	0.16	0.34	2.0	0.018	0.469	1	Analytical or derived from analytical	--	06/2008
Carbohydrate, by difference	g	11.27	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2008
Fiber, total dietary ¹	g	1.1	--	0.047	1.1	1.2	2.0	0.934	1.339	1	Analytical or derived from analytical	--	06/2008
Sugars, total ¹	g	9.39	--	0.869	8.33	11.11	2.0	5.651	13.126	1	Analytical or derived from analytical	--	06/2008

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Sucrose 1	g	1.13	--	0.268	0.79	1.66	2.0	-0.017	2.285	1	Analytical or derived from analytical	--	06/2008
Glucose (dextrose) 1	g	2.30	--	0.154	2.06	2.59	2.0	1.639	2.968	1	Analytical or derived from analytical	--	06/2008
Fructose 1	g	5.88	--	0.454	5.4	6.78	2.0	3.925	7.83	1	Analytical or derived from analytical	--	06/2008
Lactose 1	g	0.00	--	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	07/2008
Maltose 1	g	0.07	--	0.000	0.07	0.07	--	--	--	1	Analytical or derived from analytical	--	06/2008
Galactose 1	g	0.00	--	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	07/2008
Starch 1	g	0.00	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2008
Minerals													
Calcium, Ca 1 2 3 4	mg	4	--	0.497	3	5	3.0	1.926	5.091	4	Analytical or derived from analytical	--	06/2008
Iron, Fe 1 2 3 4	mg	0.23	--	0.029	0.06	0.36	3.0	0.141	0.327	4	Analytical or derived from analytical	--	06/2008
Magnesium, Mg 1 2 3 4	mg	3	--	0.106	2	3	3.0	2.293	2.97	4	Analytical or derived from analytical	--	06/2008

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Phosphorus, P 1 2 3 4	mg	5	--	0.175	3	9	3.0	4.535	5.649	4	Analytical or derived from analytical	--	06/2008
Potassium, K 1 2 3 4	mg	74	--	3.961	54	88	3.0	61.643	86.857	4	Analytical or derived from analytical	--	06/2008
Sodium, Na	mg	2	--	0.397	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2008
Zinc, Zn 1 2 3 4	mg	0.03	--	0.014	0	0.12	3.0	-0.012	0.078	4	Analytical or derived from analytical	--	06/2008
Copper, Cu 1 2 3 4	mg	0.027	--	0.001	0.02	0.03	3.0	0.022	0.031	4	Analytical or derived from analytical	--	06/2008
Manganese, Mn 1 2 3 4	mg	0.025	--	0.004	0.02	0.04	3.0	0.012	0.038	4	Analytical or derived from analytical	--	06/2008
Selenium, Se	µg	0.3	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/1997
Vitamins													
Vitamin C, total ascorbic acid 1	mg	1.0	--	--	0.3	1.7	1.0	--	--	1	Analytical or derived from analytical	--	06/2008
Thiamin 1	mg	0.026	--	0.002	0.02	0.03	2.0	0.02	0.033	1	Analytical or derived from analytical	--	06/2008
Riboflavin 1	mg	0.030	--	0.001	0.03	0.03	2.0	0.024	0.035	1	Analytical or derived from analytical	--	06/2008

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Niacin 1	mg	0.084	--	0.010	0.07	0.1	2.0	0.041	0.127	1	Analytical or derived from analytical	--	06/2008
Pantothenic acid 1	mg	0.041	--	0.000	0.04	0.04	--	--	--	1	Analytical or derived from analytical	--	06/2008
Vitamin B-6 1	mg	0.027	--	0.011	0.02	0.05	2.0	-0.019	0.072	1	Analytical or derived from analytical	--	06/2008
Folate, total 1	μg	3	--	0.667	2	4	2.0	-0.202	5.535	1	Analytical or derived from analytical	--	06/2008
Folic acid	μg	0	--	--	--	--	--	--	--	--	Assumed zero	--	08/2008
Folate, food 1	μg	3	--	0.667	2	4	2.0	-0.202	5.535	1	Analytical or derived from analytical	--	06/2008
Folate, DFE	μg	3	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2008
Choline, total 1	mg	2.2	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2008
Betaine 1	mg	0.4	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2008
Vitamin B-12	μg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	08/1982
Vitamin B-12, added	μg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/2004
Vitamin A, RAE	μg	1	--	0.285	--	--	--	--	--	--	Analytical or derived from analytical	--	08/2008

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Retinol	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	06/2002
Carotene, beta	µg	13	--	--	--	--	--	--	--	--	Calculated or imputed	09004	12/2002
Carotene, alpha	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	09004	12/2002
Cryptoxanthin, beta	µg	9	--	--	--	--	--	--	--	--	Calculated or imputed	09004	12/2002
Vitamin A, IU	IU	29	--	5.696	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Lycopene	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	09004	12/2002
Lutein + zeaxanthin	µg	18	--	--	--	--	--	--	--	--	Calculated or imputed	09004	12/2002
Vitamin E (alpha-tocopherol) ¹	mg	0.16	--	0.029	0.11	0.21	2.0	0.032	0.282	1	Analytical or derived from analytical	--	06/2008
Vitamin E, added	mg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/2004
Tocopherol, beta ¹	mg	0.00	--	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	07/2008
Tocopherol, gamma ¹	mg	0.00	--	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	07/2008
Tocopherol, delta ¹	mg	0.00	--	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	07/2008
Vitamin D (D2 + D3)	µg	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	11/2008
Vitamin D	IU	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2009

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Vitamin K (phylloquinone) ¹	µg	0.5	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2008
Lipids													
Fatty acids, total saturated	g	0.008	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/2008
4:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/2008
6:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/2008
8:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/2008
10:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/2008
12:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/2008
14:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/2008
16:0	g	0.007	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/2008
18:0	g	0.001	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/2008

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Fatty acids, total monounsaturated	g	0.002	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/2008
16:1 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/2008
18:1 undifferentiated	g	0.002	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/2008
20:1	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/2008
22:1 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/2008
Fatty acids, total polyunsaturated	g	0.014	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/2008
18:2 undifferentiated	g	0.012	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/2008
18:3 undifferentiated	g	0.003	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/2008
18:4	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/2008
20:4 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/2008

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
20:5 n-3 (EPA)	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/2008
22:5 n-3 (DPA)	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/2008
22:6 n-3 (DHA)	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/2008
Fatty acids, total trans	g	0.000	--	--	--	--	--	--	--	--	Assumed zero	--	06/2015
Cholesterol	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	08/1982
Amino Acids													
Tryptophan	g	0.002	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Threonine	g	0.006	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Isoleucine	g	0.006	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Leucine	g	0.010	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Lysine	g	0.010	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Methionine	g	0.002	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Cystine	g	0.002	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Phenylalanine	g	0.005	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Tyrosine	g	0.003	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Valine	g	0.008	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Arginine	g	0.005	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Histidine	g	0.003	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Alanine	g	0.006	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Aspartic acid	g	0.028	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Glutamic acid	g	0.017	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Glycine	g	0.006	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proline	g	0.006	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Serine	g	0.007	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Other													
Alcohol, ethyl	g	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	04/1985
Caffeine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	12/2002
Theobromine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	12/2002
Flavonoids													
Flavan-3-ols													
(+)-Catechin ⁵	mg	0.7	--	--	0.69	0.69	--	--	--	--	--	--	--
(-)-Epigallocatechin ⁵	mg	0.0	--	--	0	0	--	--	--	--	--	--	--
(-)-Epicatechin ⁵	mg	5.4	--	--	5.41	5.41	--	--	--	--	--	--	--
(-)-Epicatechin 3-gallate ⁵	mg	0.0	--	--	0	0	--	--	--	--	--	--	--
(-)-Epigallocatechin 3-gallate ⁵	mg	0.0	--	--	0	0	--	--	--	--	--	--	--
(+)-Gallocatechin ⁵	mg	0.0	--	--	0	0	--	--	--	--	--	--	--
Flavones													
Apigenin ⁶	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
Luteolin ⁶	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
Flavonols													
Kaempferol ⁶	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
Myricetin ⁶	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
Quercetin ⁶	mg	2.0	--	0	2	2	--	--	--	--	--	--	--

Sources of Data

¹Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program, Wave 8h, 2004 Beltsville MD

²Food and Drug Administration (FDA), DHHS FDA Total Diet Study, 1991

³Food and Drug Administration (FDA), DHHS FDA Total Diet Study, 1989

⁴Food and Drug Administration (FDA), DHHS FDA Total Diet Study, 1990

⁵Arts, I. C. W., van de Putte, B., and Hollman, P. C. H. Catechin content of foods commonly consumed in the Netherlands. 1. Fruits, vegetables, staple foods and processed foods., 2000 J. Agric. Food Chem. 48 pp.1746-1751

⁶Hertog, M. G. L., Hollman, P. C. H., and Katan, M. B. Content of potentially anticarcinogenic flavonoids of 28 vegetables and fruits commonly consumed in The Netherlands., 1992 J. Agric. Food Chem. 40 pp.2379-2383